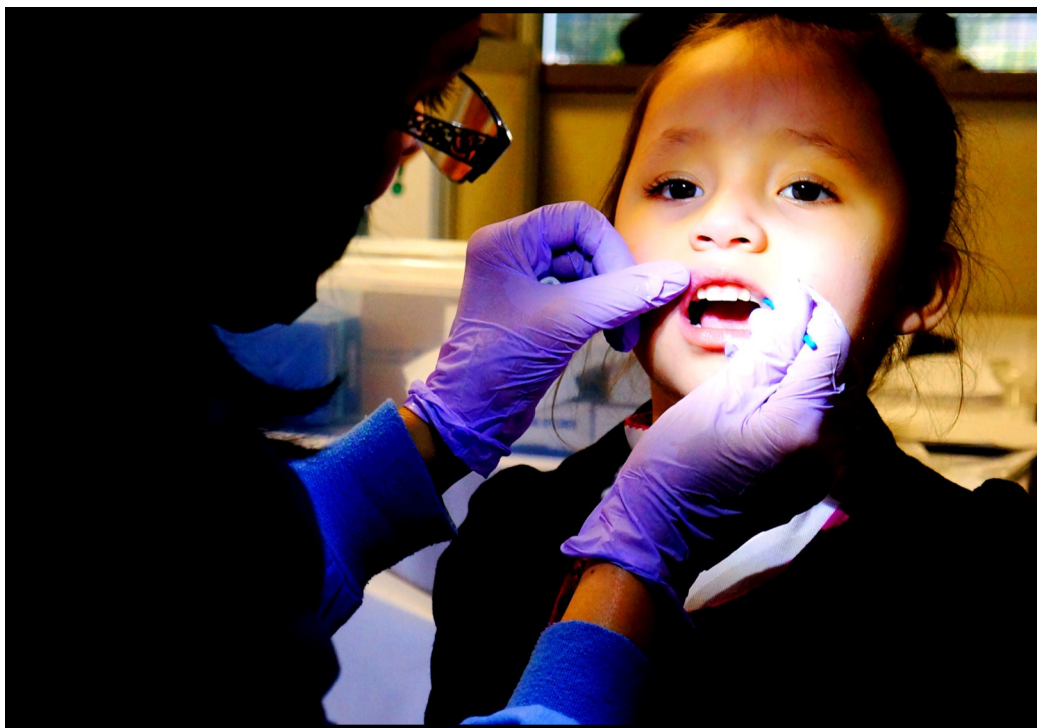


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## OFFICE OF ORAL HEALTH

TRIVIA OF THE  
MONTH:

WHAT IS THE MOST  
COMMON CHILDHOOD  
DISEASE?

- A) Obesity
- B) Asthma
- C) Cavities
- D) Diabetes

Answer on back cover.

## MISSION

To identify community oral health needs, recognize the social determinants of oral health as a basis to develop policy, design effective and culturally competent preventative programs, and promote oral health as part of over-all health through the integration of medicine and dentistry.

## VISION

To achieve health equity for all residents of Maricopa County with Access to appropriate and quality oral health services.

## OUR PROGRAMS



Fluoride Varnish Program



Ryan White Dental Insurance Program



Dental Sealant Program



Oral Health Tobacco Program

## FTF EXPANDS TO BUCKEYE FAMILY RESOURCE CENTER

Oral health is important, especially for young ones as their teeth are only starting to grow. When teeth are unclean, long-term effects or conditions may arise, including bad breath.

**On April 25th, First Teeth First will begin offering services at the Buckeye Family Resource Center.** We have reached thousands of individuals across the valley and want to continue cultivating good habits.

Join the Office of Oral Health (OOH) in their efforts to increase the awareness levels to children and their parents regarding the importance of maintaining oral health and wellness.

Remember that discipline and adhering to regular visits to the dentist will greatly help children get a good start for lifelong well maintained and conditioned teeth and gums.



## CONGRATULATIONS FIRST TEETH FIRST



(L-R): Tirsia Lopez, Dalila Guerrero, Antoinette Martinez, Kimberly Richards, Jamal Robinson, Maryola Blancas

Congratulations to the FTF program as it continues to expand, both, the team and provider locations. Recently, the program began providing fluoride varnish services for newborn to 5 year old children & oral health screenings for pregnant women at the Mexican Consulate. Stay tuned as we expand our services into throughout the valley .

### Mexican Consulate

Day: Friday

Hours: 8:30am — 12:30pm

Every other Friday (beginning 02/07/14)

## CVS TO STOP SELLING CIGARETTES

Do you often grab a pack of cigarettes with your prescription refill at your local pharmacy?

That process will be more difficult if your local pharmacy is CVS/Caremark as they announced this week that they will stop selling tobacco products by October 1, 2014.

The retailer will be the first chain of national pharmacies to take tobacco products off

the shelves.

The move will cost the company over \$2 billion of annual revenue.

This week, the CVS chief medical officer noted the hypocrisy in his company's evolving business model which has heavily shifted toward the provision of pharmaceuticals and primary medical care. In fact, CVS retail sales make up only

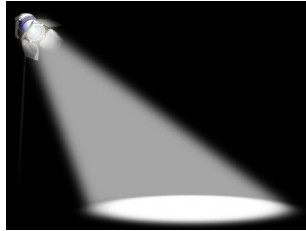
14% of total revenue, further emphasizing its role as a health care provider.

The American Dental Association noted the bold public health decision by a major retail pharmacy and supports decreasing the more than 5 million deaths per year caused by tobacco use.

**CVS/Caremark  
will lose over \$2  
billion of annual  
revenue by no  
longer selling  
tobacco  
products.**

## MARICOPA COUNTY

Office of Oral Health  
1645 E. Roosevelt St.  
Phoenix, AZ 85006  
Phone: 602.566.6888

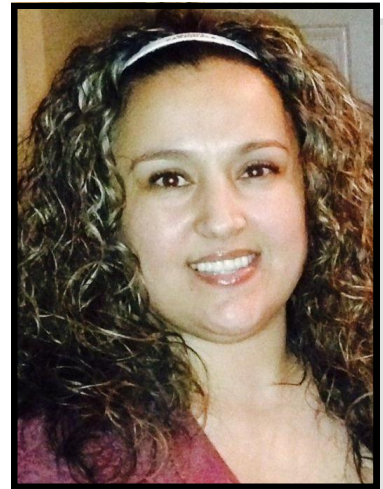


## STAFF SPOTLIGHT

Join the department in congratulating Dalila Guerrero as we celebrate 10 years of service at Maricopa County.

Dalila continues to pursue growth as she recently accepted a new position in the dental sealant program

Thank you Dalila for all your hard work, dedication, and all the accomplishments that are, yet, to come.



## TRIVIA ANSWER:

According to the American Academy of Pediatric Dentistry (AAPD):

**Answer: C) Tooth decay is the single most common chronic childhood disease**

- tooth decay is 5 times more common than asthma
- tooth decay is 4 times more common than childhood obesity
- tooth decay is 20 times more common than diabetes.



## 10 HEALTHY FOODS FOR HEALTHY TEETH

Getting your kids to eat fruit, veggies and yogurt instead of candy, chips and ice cream might feel like pulling teeth. But it's important to encourage them to eat "smart" snacks to help keep their smiles healthy and beautiful.

Using the "10 Smart Snacks" list as a guideline, you can help your children have healthier teeth with nutritious foods. Follow these tips whether you're transitioning your older kids to a healthier, balanced diet or just getting started with a little one.

Don't forget to brush and floss your teeth after every snack or meal!

### 10 Smart Snacks:

#### Fresh Fruit

- Pears
- Oranges
- Berries

#### Raw Veggies

- Carrots
- Celery

#### Grains

- Whole-grain bread
- Pretzels (unsalted or low-salt)

#### Nuts & Seeds

- Nuts (unsalted or low-salt)

#### Meats & Protein

- Peanut butter (unsalted or low-salt)

#### Dairy

- Yogurt (low or non-fat)

